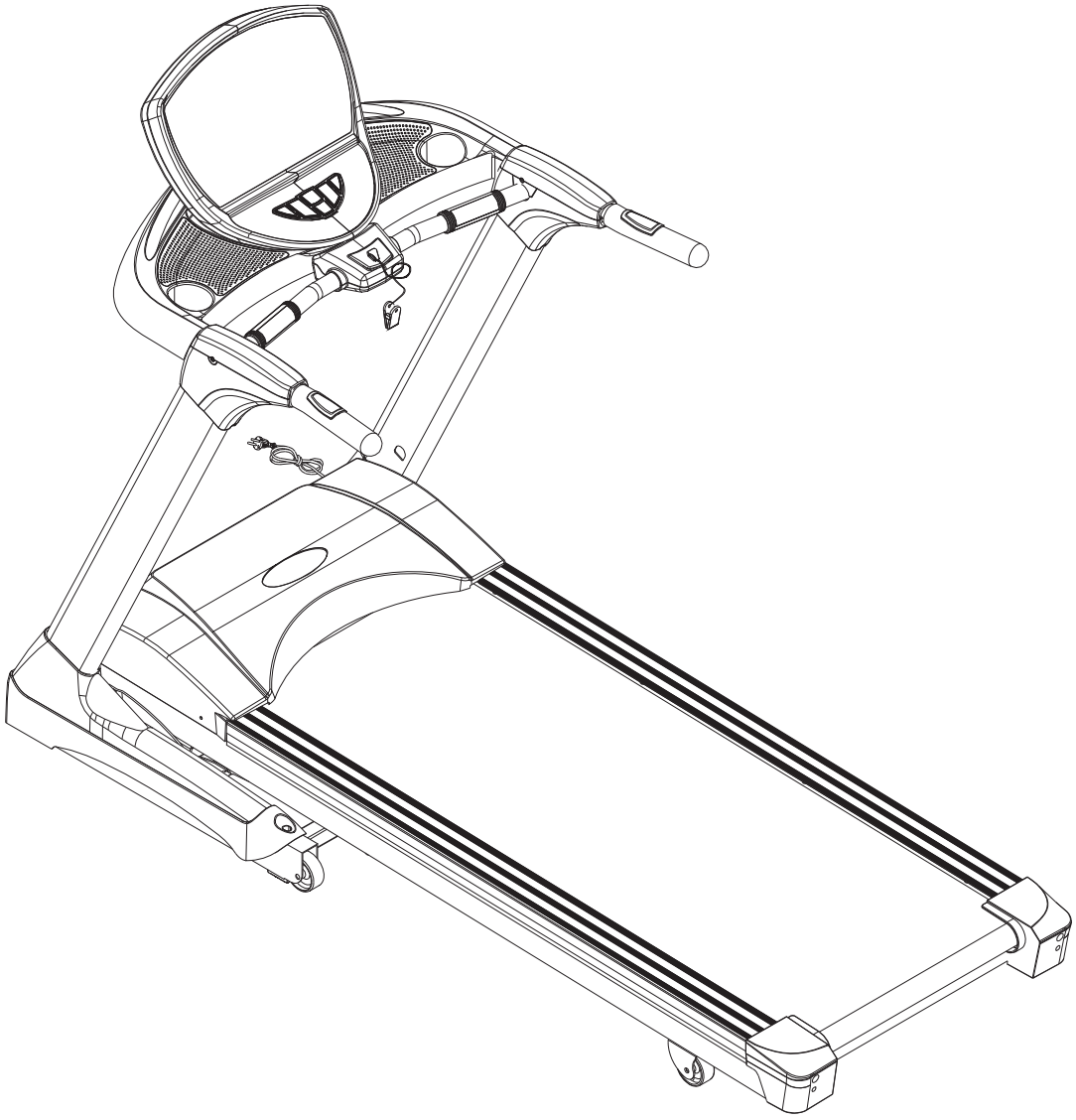
BH Fitness TS4 Treadmill
Owner's Manual



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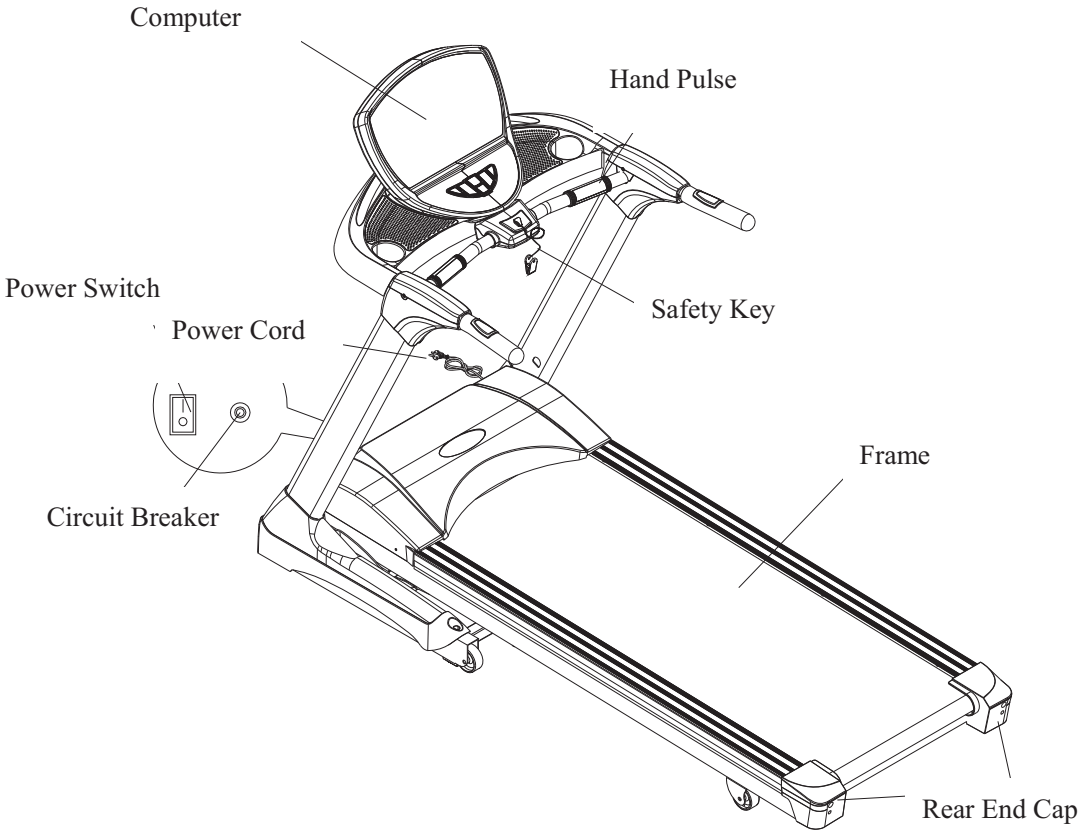
INTRODUCTION:

*C*ongratulations for selecting BH FITNESS as your new fitness resource. BH FITNESS treadmills offer many exercise programs that benefit users of all levels and ages. Your new treadmill is designed to make your workouts more effective and enjoyable.

Please read this entire manual carefully before using your treadmill. This will allow you to get a full understanding of all the features your BH FITNESS treadmill provides. If you have any questions or concerns, please contact BH FITNESS or any authorized BH FITNESS distributors in your area.

BEFORE YOU BEGIN

It is very important to become familiar with the frequently used components of your treadmill.



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SECTION 1

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the treadmill.

User Safety:

Before using this or any other exercise equipment **consult your family physician or health care professional** in order to develop a well-planned exercise program to fit your health needs. If you encounter any pain or breathing discomfort while working out, **STOP!**, and consult a physician before continuing.

1. Close supervision is necessary when this unit is used by or near children, invalids or disabled persons. Children are curious and vulnerable to accidents. Do not use the unit as a toy.
2. Do not wear loose or dangling clothing while using the treadmill.
3. Maximum user weight is 400 lbs (182kg) for the TS4 treadmill.
4. Only one person can use the unit at a time.
5. Keep hands away from moving parts.
6. The owner is responsible for explaining safety instructions to each user.

Treadmill Safety:

WARNING: To reduce the risk of fire, electric shock, injuries to persons or inflicting the harm of a burn:

7. Turn all the controls to the off position prior to removing the electrical plug from the outlet. The ON/OFF switch is located on the right, front of the unit.
8. Never leave the unit unattended when plugged in. Always unplug the unit from the outlet before leaving the room, when unused and before servicing or adding / removing parts.
9. Unplug the treadmill prior to cleaning to reduce the risk of electric shock, serious burns, and the risk of injuries.
10. Never operate this unit if it has a damaged electrical cord or plug. Do not operate this unit if it is not working properly. Do not operate this unit if it has been dropped or damaged. Do not operate this unit if it has been immersed in water. Return the unit to a service center for examination and repair.
11. Do not pull or carry the unit by the electrical cord. Do not use the cord as a handle.
12. Keep the electrical cord away from heated surfaces.
13. Connect this Treadmill to a properly grounded 110-120V, 15 or 20 Amp dedicated outlet only.
14. Call your service center or BH Fitness with your concerns before taking your treadmill in for repair.
15. Do not place sharp objects near the unit. Never drop or insert any object into any opening.
16. Do not use outdoors.
17. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
18. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
19. For safety, keep a minimum clearance of 18” on the front and each side and 24” at the rear of the treadmill. Place the unit on a flat stable surface.

Note–This treadmill has the foldable mechanism, please make sure the incline is adjusted to the original position before folding the treadmill (to avoid interference between mechanisms).

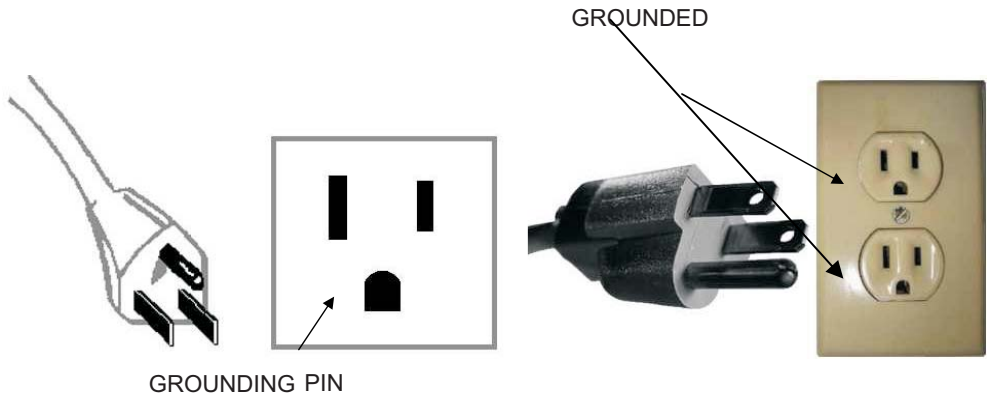
IMPORTANT SAFETY INSTRUCTIONS (cont'd)

GROUNDING INSTRUCTIONS

This unit must be grounded. If it malfunctions or breaks down, grounding reduces the risk of electric shock by providing a path of least resistance for electric currents. This unit is equipped with a cord that has an equipment-grounding conductor and a grounding plug. Insert the plug into an appropriate 110-120 Volt electrical outlet that is properly installed and grounded in accordance with all local codes and ordinances. Do not use an adapter or extension cord with this unit.

WARNING! – An improper connection of the grounding conductor can result in a risk of an electrical shock. Check with a qualified electrician if you are uncertain if the unit is grounded properly. Do not modify the plug provided to you. If it does not fit the outlet, have a proper outlet installed by a qualified electrician.

GROUNDING METHODS



WARNING!

UNDER NO CIRCUMSTANCES SHOULD THE TREADMILL BE ON ITS SIDE

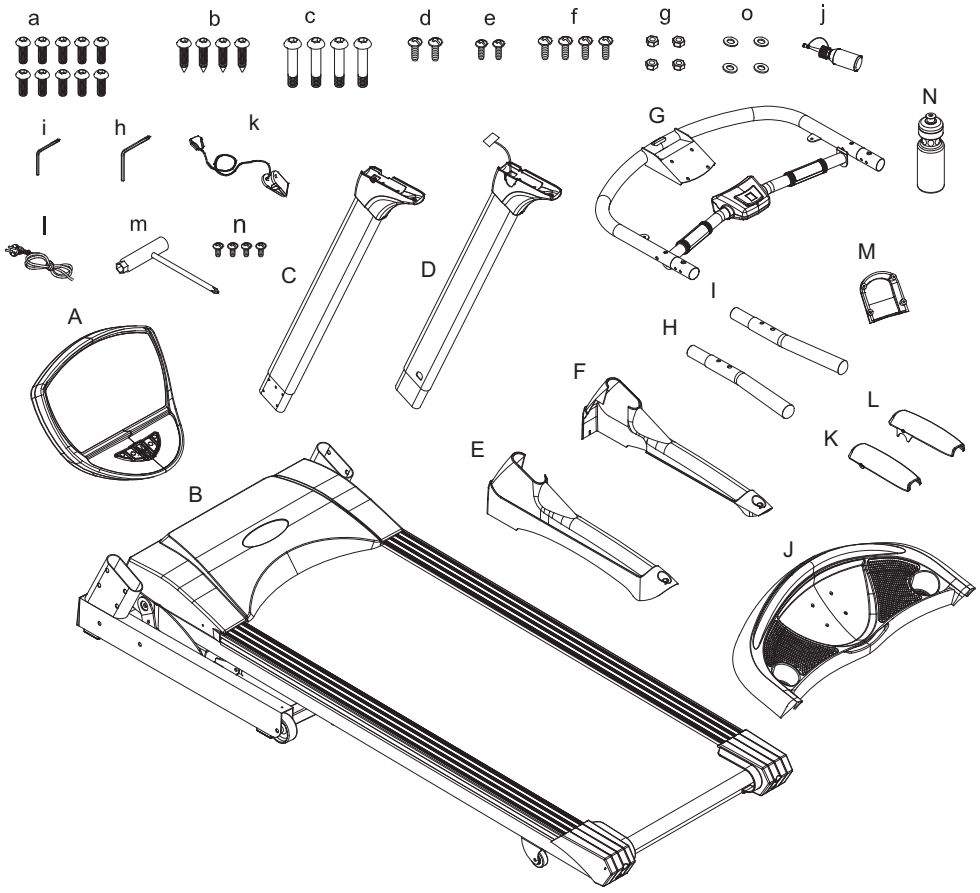
Please save these instructions

SECTION 2

ASSEMBLY INSTRUCTIONS TS4

Item	Description	Qty
A	Computer Console	1
B	Frame	1
C	Left Upright	1
D	Right Upright	1
E	Left Decoration Cover	1
F	Right Decoration Cover	1
G	Computer Shelf	1
H	Left Handrail	1
I	Right Handrail	1
J	Cup/Bottle Holder	1
K	Left Handrail Decoration Cover	1
L	Right Handrail Decoration Cover	1
M	Rear Cover	1
N	Bottle	1

Item	Description	Qty
a	Truss Hex Screw M8xP1.25x15	10
b	Truss Philips Screw M5xP0.8x10	4
c	Truss Hex Screw M8xP1.25x60	4
d	Truss Philips Self Tapping Screw ψ5x25	2
e	Truss Philips Self Tapping Screw ψ4x12	2
f	Truss Philips Screw M5xP0.8x15	4
g	Nylon Nut	4
h	Hex Wrench 6mm	1
i	Hex Wrench 5mm	1
j	SILICONE	1
k	Safety Key	1
l	Power Cord	1
m	Sleeve Screwdriver	1
n	Round Head Philips Screw M4xP0.7x8	4
o	Washer Ø6xØ16x1.0t	4



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ASSEMBLY INSTRUCTIONS TS4 (cont'd)

WARNING!

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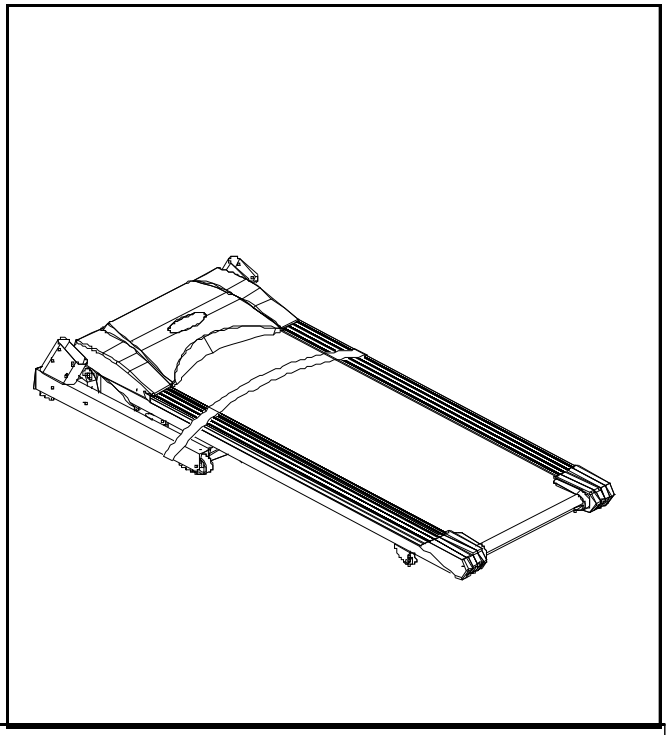
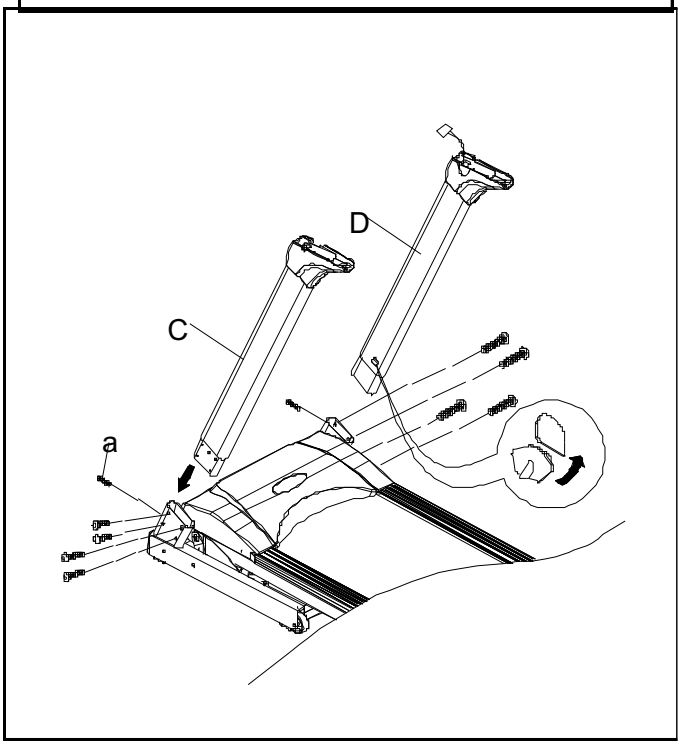
Do not cut the packing belt until the treadmill is completely removed from the carton and laid flat on the floor as shown in the drawing.



1. Pull out the control cable with the guide thread attached in the right upright (D), then feed the control cable into the opening of the right upright as shown. Tighten the left and right uprights (C,D) with bolts (a) and assemble them onto the frame



Note: During the assembly of the upright supports, one person holds the support in place while the other person tightens the bolts to avoid unexpected injuries and/or accidents

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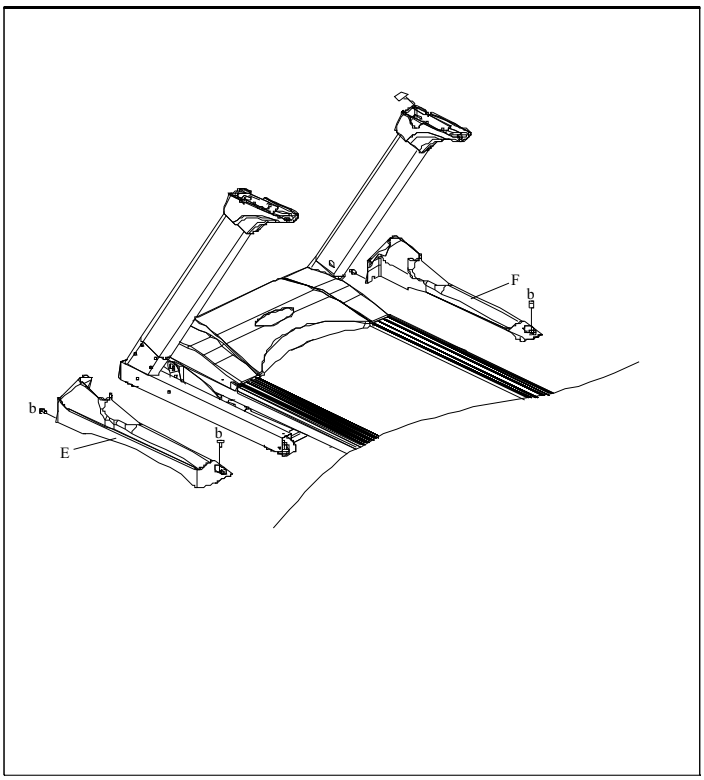
ASSEMBLY INSTRUCTIONS TS4 (cont'd)

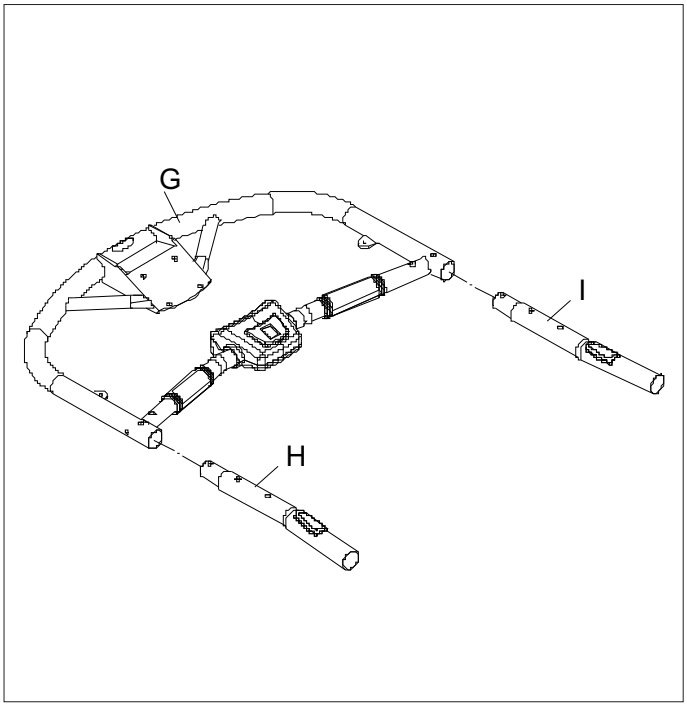
2. After both left and right Uprights are tightened, place left and right Decorative Covers (E, F) onto the Frame and secure with Philips Screws (b).



3. Computer Shelf Assembly: Assemble left and right handrails (H,I) to the computer shelf as shown.

   Using guide wires pre-attached in computer shelf (G), tie the handrail switch connectors in the left and right handrails. Pull the wires with the connectors attached through the hole at the center of the computer shelf.

Note: while assembling, be sure the hole patterns on the left and right uprights aligned with those on the computer shelf



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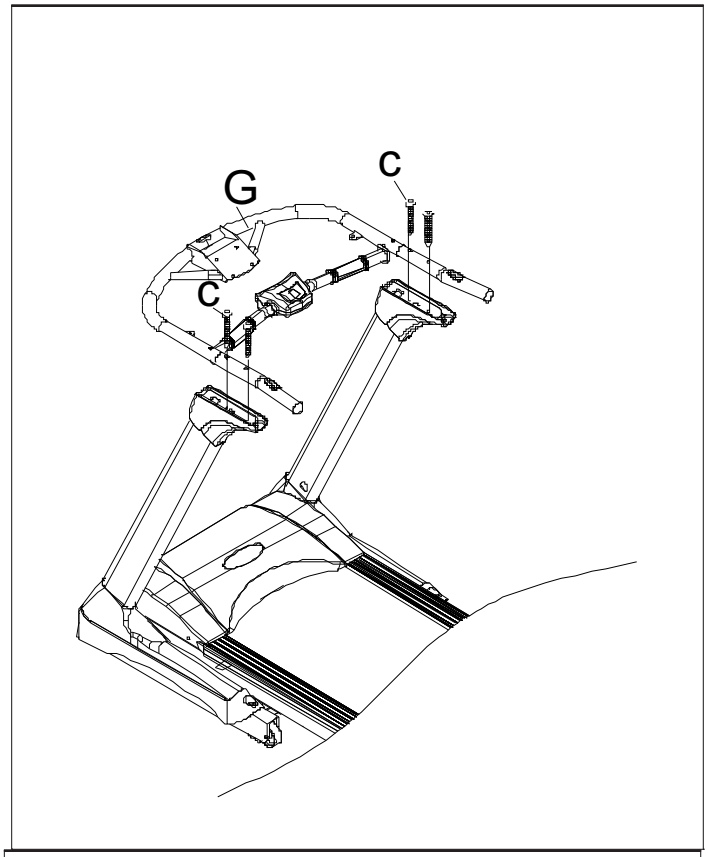
ASSEMBLY INSTRUCTIONS TS4 (cont'd)

4. Connect the main cable through the Computer Rack Assembly (G) and pull out the wire from the upper holes of the Computer Rack Assembly. Place the Computer Rack Assembly (G) on the uprights. Fasten with hex bolts (c).

When fastening the bolts for the uprights and handrails, make sure the bolts do not pinch the wires/cables in the process

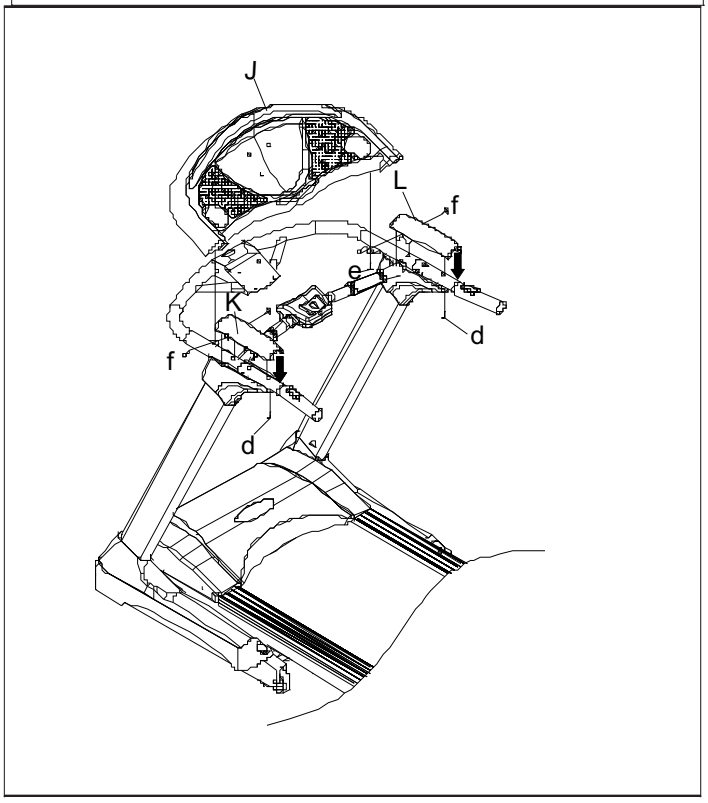
Note: Always assemble the treadmill with an assistant, do not assemble alone.



5. Attach the left and right decorative handrail covers (K,L) onto the computer rack as shown (right) and tighten with Phillips Self Tapping Screw (d, f).

Place the bottle holder (J) on the computer rack and tighten with 1 Phillips Self Tapping Screw (e) on each side.

Note: Be aware not to pinch or damage the wires/cables during the assembly



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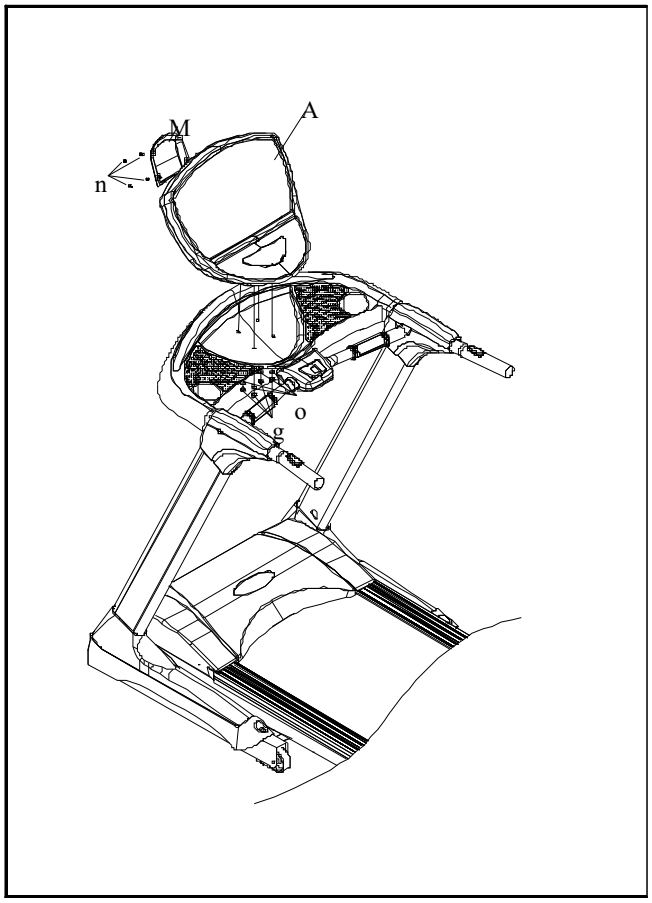
ASSEMBLY INSTRUCTIONS TS4 (cont'd)

6. Match and connect all the cables from the bottle holder to the computer console (A) on the treadmill. Tidy up all cables and tuck them inside the computer console. Place the computer console on bottle holder and tighten with nylon nut (g) and washer (o). Tighten the rear cover (M) with 4 screws (n).



Note: While connecting the cables, be sure to match their colors: red to red, white to white, etc.

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SECTION 3

TREADMILL AND CONSOLE

WARNING!

UNDER NO CIRCUMSTANCES SHOULD THE TREADMILL BE ON ITS SIDE

MOVING THE TREADMILL

Use the front wheels to move the Treadmill. Elevating the treadmill (incline) first may help make the wheeling of the unit easier. Always be sure to use proper lifting form / technique. Grasp the end caps with two hands and slowly lift deck up until you are in an upright position. Keep the treadmill at that angle and wheel the unit as required.

SAFETY KEY & CLIP

Your BH Fitness treadmill is equipped with a safety key that will disable the treadmill if it is not in place. You should attach the clip end to your clothing. The magnet end goes into the recess in the center of the console. If at any time you need to stop the treadmill, pull the safety key quickly off the console. This will cut all power to the treadmill and it will come to a complete stop. To restart the treadmill, place the safety key back in place. You will then need to program your workout again.

BEFORE STARTING

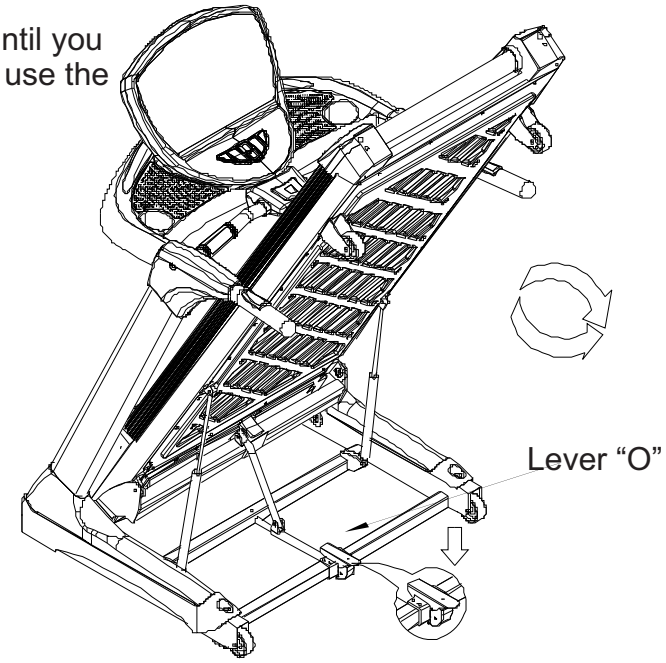
Straddle the running belt and stand on the side rails. Insert the safety key and attach the clip to your clothing. Do not stand on the walking belt while starting or stopping the treadmill.

TREADMILL & CONSOLE (cont'd)

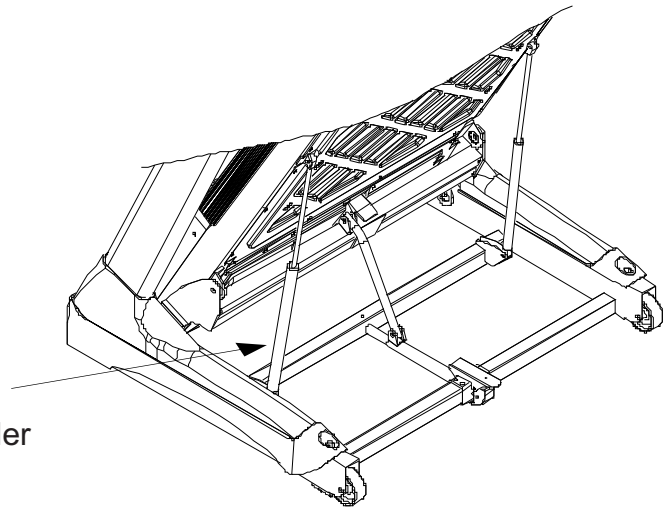
FOLDING UP THE UNIT

The Treadmill can be folded for storage.

1. Stop the treadmill.
2. Lower the elevation to the minimum.
3. Unplug the electrical connector.
4. Lift the unit until lever (O) clicks into place. The treadmill is locked in folding storage position
5. Do not touch lever (O) until you are ready to unlock and use the treadmill again



NOTE: The pneumatic cylinder is packed under high pressure. Hard hits, knocks or impacts could cause damages to the cylinder. If damaged, the folding mechanism may not work properly and the treadmill deck could land on the floor abruptly



Avoid damaging the cylinder

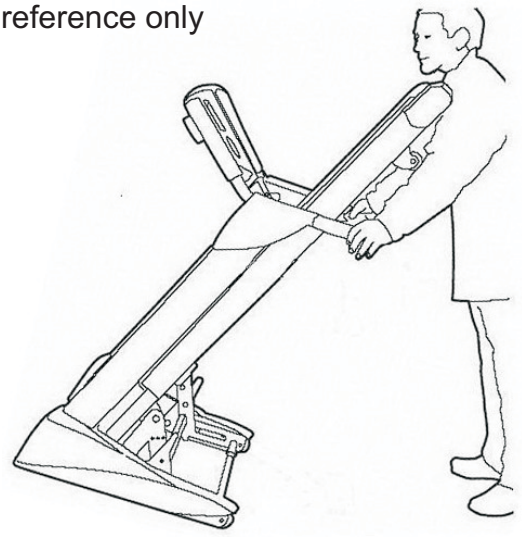
TREADMILL & CONSOLE (cont'd)

MOVING THE UNIT

Do not move across an uneven floor.

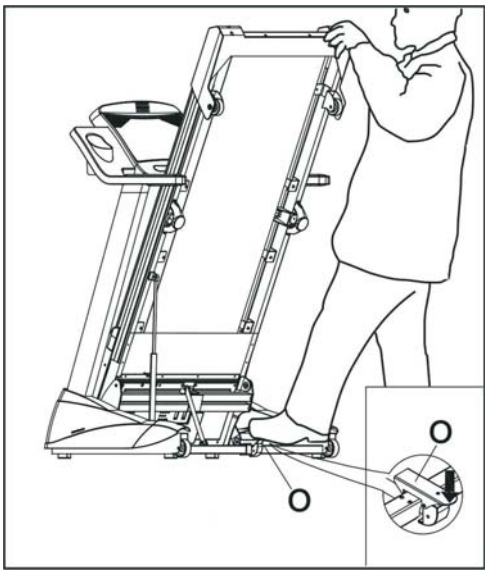
1. Verify the electrical connector is unplugged and the unit is folded.
2. Place your hands on the handrails and push the treadmill using the two wheels.

NOTE: these figures are for reference only



UNFOLDING THE UNIT

1. Verify the space under the treadmill is clear and children are not near.
2. Press lever (O) down as shown by the arrow.
3. The deck will slowly lower down to the floor.



POSITION THE TREADMILL

1. For safety, maintain a minimum clearance around the treadmill. Maintain 18 inches on the front and on each side of the treadmill plus 24 inches at the rear of the treadmill.
2. Store the unit in a dry place away from direct sunlight and temperature changes.

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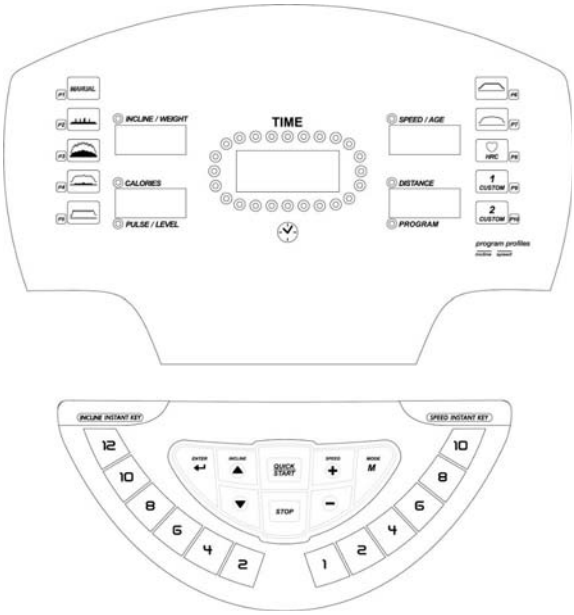
TREADMILL & CONSOLE (cont'd)

TS4



KEY FUNCTIONS

START – This key is used to begin any treadmill program.

MODE – This key is used to enter into the programs.

STOP/RESET – This key is used to stop the treadmill at any time. Press STOP/RESET once to stop the running belt. Press STOP a second time and hold 5 seconds until it beeps to end the program and set the incline to zero from an elevated position.

NOTE: Reduce belt speed, then step off running belt onto the side rails prior to pressing the STOP button.

NOTE: For an immediate stop, pull the safety key out of the safety key recess and the treadmill will come to a stop

ENTER – This key is used to confirm the value of the current selection.

These keys are used to adjust the elevation of the treadmill.

These keys are used to adjust the speed of the treadmill.

INSTANT SPEED – You can change the speed of the treadmill by pressing one of the Instant Key buttons.

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CONSOLE FEEDBACK

TIME – This will read the number of minutes left in the program that you have selected or the number of minutes since beginning the test.

CALORIES – This reading is the amount of body heat in calories burned during your workout. As with all pieces of exercise equipment, this is an estimated value.

PULSE – Pulse will display in Beats Per Minute (BPM).

SPEED – This is how fast the treadmill moves in Miles Per Hour (MPH).

DISTANCE – Total distance traveled during your workout in miles.

INCLINE – Incline will read as a percent of grade.

NOTE: If the Incline is elevated and the belt is not moving, press the STOP for 5 seconds until the unit beeps to lower the incline to zero.

USING HEART RATE

NOTE: See page 20 for Target Heart Rate Instructions.

PULSE GRIP – To periodically check your heart rate, grasp the sensors at the base of the console. The PULSE LED will blink and after about 9 seconds your pulse will be displayed in the pulse window.

SECTION 4

WORKOUT PROGRAMS

Your BH FITNESS treadmill will provide both manual controlled and factory installed preset workout programs.

In MANUAL, you control the speed and/or elevation at your discretion.

In PRESET programs, the speed and/or elevation will change in accordance with the program's profile (as illustrated on the following pages).

In any program, pressing the STOP will pause the current program. To resume the current program press the START key. To exit the current program and return to the START/READY status, press and hold the STOP again for 3 to 5 seconds until the console beeps.

I. Operating Instruction

1. In Start/Ready position, press MODE key to enter edit mode
2. Under Start/Ready position, press Start key to start up Manual run
3. When the SAFETY KEY is taken off and then replaced, the treadmill will not return to default position. Press Start key to return to default position
4. When the power is applied, the treadmill will not return to default position. Press Start key will return the treadmill to default position
5. In Start/Ready status, press stop key for 5 seconds, the treadmill will return to default position. While running any program, pressing stop key will stop the program. To resume to the program, press Start key; press Stop key again to leave the program and back to Start/Ready status.

II. Edit Mode

1. Under Start/Ready status, press Mode key then ⊕⊖ keys to select Manual or Program mode
2. Program Mode Press ⊕⊖ keys to edit the Program (P1~P10), and the PROGRAM window will flash, the LCD window will show P1-P10 for edit. Press ENTER to accept and LEVEL option will display L1~L10. Press ⊕⊖ keys to change. Press ENTER to accept and TIME option will display a preset value of 30min. Press ⊕⊖ to change exercise duration and press ENTER to accept or START to begin. If START was pressed directly during edit, the rest un-edited parameters are pre-set. During edit, INCLINE and SPEED window will display with lowest level value
6. WARM UP and COOL DOWN function: During WARM UP or Program run, changing speed or incline will take effect in the next segment. COOL DOWN is not affected and STOP is the only function which can be carried out immediately
7. A PROGRAM has 30 segments. The first three segments are WARM UP, the last three segments are COOL DOWN. Warm up and cool down last 3 minutes each. Therefore, these will take 6 minutes for 6 segments out of the total exercise time input. The rest of the input time will be divided equally for 24 segments
8. **9 HOLES** program does not have WARM UP or COOL DOWN. When distance reaches 2.2 Mi, the motor will stop and displays" End"

III. Program Operation and Instruction: Manual mode

1. Pressing START, the treadmill will begin to count down for 3 seconds and the belt begins to roll

at 0.8KPH (0.5MPH). The LED on the window links in a direction of a lap. Every complete lap is 0.4KM (0.25MIL).

2. Press SPEED UP/DOWN to change speed in 0.1 step, or press instant speed keys 1 2 4 6 8 10 to select
3. Likewise, press INCLINE UP/DOWN key to change incline incline UP/DOWN step is 1 , or press instant incline keys 2 4 6 8 10 12 to select
4. Press Mode key to switch between DISTANCE/PROGRAM
5. When heart rate is detected, the pulse window will display heart rate value
6. Press Stop while the belt is rolling, the motor will stop, the incline motor will stop and time window will display "stop". Pressing START key again, the motor will resume after 3-seconds countdown, the speed will be the same before the stop, and the incline will also resume value before the stop.
7. While in stop position, press and hold the Stop key for 3seconds, the treadmill it will go back to the Start/Ready position

III. Program Mode

P1 This is the same as Manual mode.

P2 9 HOLE This program simulates a 9 hole golf course. It does not have warm up or cool down. As soon as the distance reaches 3500m or 2.2 miles, the program ends

Preset Speed 1 Preset Elevation 1, preset time: 30min

P3 HILL CLIMB

Preset Speed 1 Preset Elevation 1, preset time: 30min

P4 HILL RUN

Preset Speed 1 Preset Elevation 1, preset time: 30min

P5 INTERVAL

Preset Speed 1 Preset Elevation 1, preset time: 30min

P6 ROLLING

Preset Speed 1 Preset Elevation 1, preset time: 30min

P7 WEIGHT LOSS

Preset Speed 1 Preset Elevation 1, preset time: 30min

P8 HRC This is a heart rate monitor program. To use this program, user must wear a wireless heart rate chest strap (preferably Polar T41 or compatible)
If the runner's heart rate achieves reaches targeted value (input in programming) during the training, the speed and elevation will keep within a certain range to maintain within targeted

WORKOUT PROGRAMS (cont'd)

P9 P10 CUSTOM

1. PROGRAM has 30 segmentsl (SE01~SE30) and all the pre-set values are the lowest value
2. Set time: set time is divided into 30 segments
3. In CUSTOM mode, user sets Time, Speed and Incline and press start to begin

Note This mode has a function of switching British System and Metric System. The operations are as following:

Press and hold ENTER key for 10 seconds while in Start/Ready status after starting the treadmill. The window will blink 0 British System ; or 1 Metric System . Press ⊕⊖ key to select desired preference. Then, press ENTER key to confirm.

Heart Rate Reference Table

Age	BPM			Age	BPM			Age	BPM			Age	BPM		
	H	preset	L		H	preset	L		H	preset	L		H	preset	L
13	197	124	124	31	180	113	113	49	162	103	103	67	145	92	92
14	196	124	124	32	179	113	113	50	162	102	102	68	144	91	91
15	195	123	123	33	178	112	112	51	161	101	101	69	143	91	91
16	194	122	122	34	177	112	112	52	160	101	101	70	143	90	90
17	193	122	122	35	176	111	111	53	159	100	100	71	142	90	89
18	192	121	121	36	175	110	110	54	158	100	100	72	141	90	89
19	191	121	121	37	174	110	110	55	157	99	99	73	140	90	88
20	190	120	120	38	173	109	109	56	156	98	98	74	139	90	88
21	189	119	119	39	172	109	109	57	155	98	98	75	138	90	87
22	188	119	119	40	171	108	108	58	154	97	97	76	137	90	86
23	187	118	118	41	170	107	107	59	153	97	97	77	136	90	86
24	186	118	118	42	169	107	107	60	152	96	96	78	135	90	85
25	185	117	117	43	168	106	106	61	151	95	95	79	134	90	85
26	184	116	116	44	167	106	106	62	150	95	95	80	133	90	84
27	183	116	116	45	166	105	105	63	149	94	94				
28	182	115	115	46	165	104	104	64	148	94	94				
29	181	115	115	47	164	104	104	65	147	93	93				
30	181	114	114	48	163	103	103	66	146	92	92				

SECTION 5

CALCULATE YOUR TARGET HEART RATE

Heart Rate (HR) training has become one of the most popular forms of monitoring your workouts. Nothing tells you how your body is feeling like your own heart. By using your heart rate to tell you how hard to train, you can maximize your workout results.

STEP ONE
Determining your Maximum Heart Rate:
The standard calculation for determining your maximum heart rate, Beats Per Minute (BPM), is to take your age and subtracting it from the number 220.

Example: If you are 30 years of age, your maximum heart rate is:
220 – 30 = 190 BPM.

STEP TWO
Select your ideal workout HR Zone:
Once you have your maximum heart rate you can use it to determine your Target HR Zone based on your fitness goal(s).

Recent studies have shown:

60-70% of your maximum HR will allow you to loose weight.
70-80% of your maximum HR will improve your aerobic fitness.
80-85% of your maximum HR will increase your athletic performance.

NOTE: DO NOT exceed 85% of your maximum heart rate.

STEP THREE
Calculate your ideal Target HR:
Using the above percentages, you can calculate your ideal Target Heart Rate for your specific goal.

As an example, the average 30 year old can:

Maximize burn fat / weight loss, by maintaining ~123 BPM during a workout
190 * 0.65 =123 BPM.

Improve aerobic fitness, by maintaining ~142 BPM during a workout
190 * 0.75 =142 BPM.

Do not exceed 85% = 190 * 0.85 = 161 BPM.

Remember to **consult your family physician or health care professional** to develop a well-planned exercise program to fit your health needs.

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SECTION 6

PREVENTIVE MAINTENANCE

Belt Adjusting

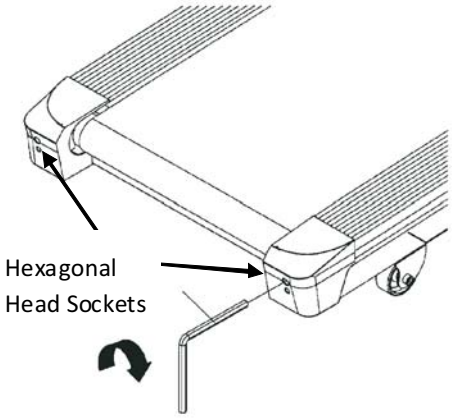
When the running belt shifts to one side or simply 'skids over' while running, run the machine at 3 mph for a few minutes to determine which side the belt is drifting towards, left or right as described below.

If the belt is drifting LEFT

- Turn the treadmill off and unplug from the wall
- Tighten the left hex head socket a ¼ turn
- Loosen the right hex head socket a ¼ turn
- Run the belt at 3 mph again for a few minutes
- Repeat the steps above as needed

If the belt is drifting RIGHT

- Turn the treadmill off and unplug from the wall
- Tighten the right hex head socket a ¼ turn
- Loosen the left hex head socket a ¼ turn
- Run the belt at 3 mph again for a few minutes
- Repeat the steps above as needed



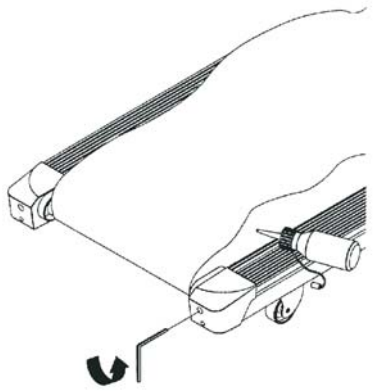
Belt Lubricating

It is recommended that the deck be lubricated regularly according to the frequency of usage. Refer to the suggested schedule in the table below.

WARNING!

Do not use cleaner under the running belt or on the electronics especially while power is on.

- Use 8 mm torque wrench to loosen the hex head socket in the end caps. Remove excessive accumulations of dust, dirt, and other debris from the running deck. ONLY use a clean, soft cloth.
- Gently pull up the side of the running belt. Dispense a thin layer of the lubricant on deck, and spread evenly.
- DO NOT over lubricate (2 uses per bottle) and only use supplied liquid silicone. DO NOT use wax or other types of lubricant as they might deteriorate transmission components and degrade the treadmill's performance



General Cleaning

- Disinfect and wipe the console dry after each use
- As the motor spins, it attracts and collects lint and debris under the motor cover which could cause damage to the electronics.
- Unplug the power and remove the motor cover
- Vacuum the motor driver board, the motor fan blade and the surrounding. Take care not to damage wires and harnesses

Suggested lubrication table

4 Miles or less / hr = lube every 1 year
4~8 Miles / hr = lube every 6 months
8 Miles or more / hr = lube every 3 months

SECTION 7

TROUBLESHOOTING

ERROR MESSSAGE	POSSIBLE CAUSES	SOLUTION
E1		
Loss of Feedback	Speed Sensor disconnected	Check Speed Sensor Connection
	Speed Sensor Misaligned	Check Sensor position
	Faulty Speed Sensor	Replace Speed Sensor
	Loose Display Connection	Check Display Cable Connection
	Faulty MCB (D2 LED on)	Replace MCB
	Faulty Drive Motor	Replace Drive Motor
E7		
Elevation Motor	Elv. Motor out of range	Calibrate Elev motor
Display doesn't light up	On/Off Switch	Check if unit is turned on
	Fuse	Check fuses on MCB
	Insufficient power source	Plug unit in a dedicated 120V, 20A outlet

PART LIST

P/N	Description	Spec.	Qty
1	Electronics		1
1-1	water bottle holder		1
1-2	Electronic shelf		1
2	Truss Hex screw	SAEK299	4
3	Positioning Mechanical Spring	NCCS096	1
4	left upper handle cover		1
4-1	right upper handle cover		1
5			
6	computer decorative cover		1
7	left lower handle cover		1
7-1	right lower handle cover		1
8	left handrail		1
8-1	right handrail		1
9	Arc tube	Ø38.1x1.4t	2
10	PVC foam grip		2
11	left upright		1
11--1	right upright		1
12	Truss Philips Self Tapping Screw	5x25	2
13	Round Head Philips Screw	M4xP0.7x8	4
14	washer spring	M8	6
15	Orientation pedal	NBZNO3232	1
16	Conduplicate stator	NBZNO3231	1
17	Nylon nut	M6xP1.0	12
18	Incline base		1
19	Wheel	PBKP320	2
20	Truss Hex screw	M8xP1.25x15	10
21	Hex Screw	M6xP1.0x45	4
22	Plastic cushion	PCZP1707	1
23	Rear Fixing Plate	PCZP1708	1
24	Round Head Philips Screw	M5xP0.8x40	1
25	Round Head Philips Screw	M5xP0.8x35	1
26	Bushing mandril	NBBNT1465	1
27	Positioning bushing		1
28	Base		1
29	Truss Hex screw	SAEK288	2
30	Nylon nut	M10xP1.5	4
31	Positioning mandril	Ø15.8x1.5tx250	1
32	Hex Screw	M8x32	2
33	Incline board		4
34	Nylon nut	M8xP1.25	4
35	Truss Hex screw	SAEK432S	4
36	Stop Washer	SCAK431	10
37	Safety pin		1
38	Cylinder		1
39	Water bottle		1
40	Truss Philips Screw	M5xP0.8x10	11
41	Left Decoration Cover		1
42	Right Decoration Cover		1
43	Lower Motor Cover		1

P/N	Description	Spec.	Qty
44	Truss Philips Screw	M6xP1.0x10	9
45	Motor sets		1
46	Drive Belt		1
47	CKS Hex Screw	M8xP1.25x20	4
48	Washer	Ø19xØ8x3.0t	4
49	CKS Hex Screw	M8xP1.25x15	2
50	Motor fixing plate		1
51	Incline motor		1
52	CKS Hex Screw	SAK101535A	1
53	Incline Base Flex	NCZT1379	2
54	R pin	Ø10xØ2.0	2
55	contrller		1
56	Frame assembly		1
57	Power code socket		1
58	Power switch		1
59	Circuit Breaker		1
60	Sensor(round)		1
61	Wire Clip Knob	UC-1(PCZUC1)	2
62	Truss Philips Screw	M5xP0.8x15	8
63	Truss Philips Self Tapping Screw	Ø4x16	14
64	Counter Sink Hex Screw	M6xP1.0x30	2
65	backboard		1
66			
67	Fixed cushion	PCAP1301A-H	6
68	Truss Philips Screw	M4xP0.7x10	1
69	Fixed plastic pedal	PCFP1034	8
70	Washer Drilling Philips Self Tapping Screw	Ø4x12	27
71	CKS Hex Screw	M8xP1.25x55	3
72	Washer	Ø8xØ16x1.5t	3
73	CKS Hex Screw	M8xP1.25x45	1
74	Hex nut	M8xP1.25	2
75	Rear End Cap(Left)		1
76	Rear End Cap(Right)		1
77	Round Head Drilling Philips Selt Tapping Screw	M4xP0.7x20	2
78	Motor Cover		1
79	Front Roller sets		1
80	Running Belt		1
81	Plastic pedal		2
82	Rear Roller sets		1
83	Counter Sink Hex Screw	M6xP1.0x25	6
84	Foam sticker		2
85	Running Board		1
86	Power Cord		1
87	Control Wire(Lower)		1
88	Wire Clip Knob	UC-0(PCZUC0)	2
88--1	Sensor fixed Plate	PAMP1152B	1
89	Side fixed plastic	PEZP1319	2
90	Extension Wire(yellow&green)	14AWGx150mmx 1T1R	1

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PART LIST (cont'd)

P/N	Description	Spec.	Qty
91	Extension Wire(white)	14AWGx90x2T	1
92	Extension Wire(black)	14AWGx90x2T	2
93	Extension Wire(white)	14AWGx200x2T	1
94	Truss Philips Screw	M6xP1.0x8	4
95	Extension Wire(black)	14AWGx200x2T	1
96	Washer	Ø6xØ13x1.0t	4
97	Wheel	PBK1145	2
98	Washer Drilling Philips Screw	M4xP0.7x16	6
99	Truss Hex screw	SAEK430S	6
100	Foot Pad	PCFP1151	4
101	Washer Drilling Philips Self Tapping Screw	Ø4x20	8
102	Nylon nut	M5xP0.8	2
103	Hand Pulse Sets		2
104	Hex Screw	M6xP1.0x20	1
105	Round Head Drilling Philips Screw(copper)	M5xP0.8x8	3
106	Handrail switch decal(speed)		1
107	Handrail switch decal(elevation)		1
108	Handrail switch plastic	PEZP1127	2
109	Handrail switch+wire		2
110	Truss Philips Self Tapping Screw	ø3x8	2
111	Socket Philips Self Tapping Screw	Ø3x20	4
112	Truss Philips Self Tapping Screw	ø4x12	2
113	Safety key bottom		1
114	Safety key top		1
115	SILICON		1
116	Truss Philips Self Tapping Screw	Ø4x12	2
117	Washer	Ø12xØ4.5x1.0t	8
118	Hex Wrench+Philips Screw	5mm(70mmx70mm)	1
119	Hex Wrench	6mm(80mmx80mm)	1
120	Sleeve Wrench+Philips Screw		1
121	Foam sticker	40x25x1.0t	2
122	Foam sticker	Ø25xØ8x1.0t	6
123	Truss Hex screw	M10x52(12mm)	2
124	Nylon nut	M10xP1.5x8t	10
125	CKS Hex Screw	SEKK413	1
126	CKS Hex Screw	M8xP1.25x30 12mm	1
127	Sound insulation Pad	PEDP1821A	2
130	Hex Screw	M6xP1.0x8	1
134	washer	Ø6xØ16x1.0t	4
136	Plastic washer	PECP1720	2
137	Plastic Post Pad	PCAP1721	4

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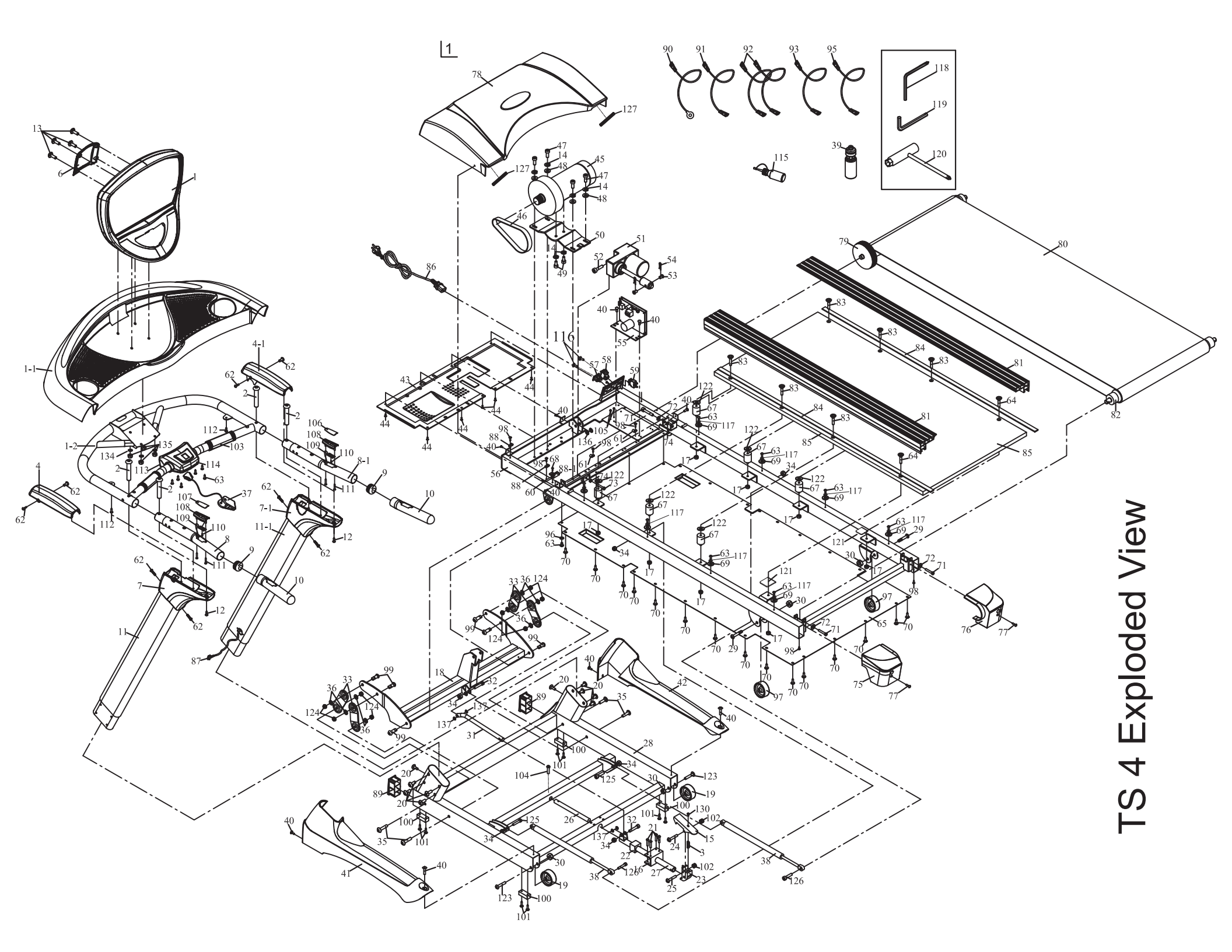
TS 4 Exploded View

WARRANTY

LIMITED RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and five (5) years on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BHFitnessUSA.com**

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.

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